

I CLAIM:

1. A method for forming boards of foamable materials, said method comprising:

providing two plastic materials,
5 heating said plastic materials,
providing a foamable material and disposing said foamable material between said plastic materials,
heating said foamable material, and
squeezing said plastic materials and said foamable material
10 together, to form a board having two outer layers formed by said plastic materials, and an intermediate layer formed by said foamable material.

2. The method as claimed in claim 1 further comprising injecting an air into said foamable material before conducting said
15 squeezing process.

3. The method as claimed in claim 2, wherein said air is selectable from carbon dioxide, propane, or butane.

4. The method as claimed in claim 1 further comprising cooling said plastic materials and said foamable material after conducting
20 said squeezing process.

5. The method as claimed in claim 4 further comprising cutting said plastic materials and said foamable material after conducting said cooling process.

6. The method as claimed in claim 1 further comprising filling
25 a foamable agent into said foamable material before conducting said heating process of said foamable material.